



**WOMEN'S
 EQUALITY DAY**
 AUG. 26,
 11:30 a.m.-
 1 p.m.
 Army
 Community
 Service
 Center

BRAC brings change, opportunity to post

By Rob McIlvaine
 FMWRC Public Affairs

Construction on the Installation Management Command campus at Fort Sam Houston is raising the dust with four buildings under complete renovation, one getting an addition, two being built from the ground up, and 2,400 people moving into new offices during the next two years.

"It's been a year-long process to get all the building plans developed and the approvals granted for all of these projects," Installation Management Command Transformation Office Program Manager Roy "R.J." Holley said.

With one of the buildings half completed, and contracts being awarded for the rest, Fort Sam, as it is colloquially known, con-

tinues to grow.

Construction, however, is not new to San Antonio, known as Military City USA. From the early days of Spanish exploration and the transformation of the Alamo, to providing the cutting edge in battlefield health-care training, San Antonio's history is closely linked to military history.

However, the Base Realignment and Closure activities scheduled to occur in San Antonio through September 2011 could arguably be one of the city's largest economic development projects.

Fort Sam Houston is expecting to receive 8,070 new personnel, 9,195 Family members, and 4,115 additional students, along with \$2.78 billion in new construction.



Troy Alexander, superintendent with RKJ Construction, discusses the renovation with Bill Reese, quality assurance with U.S. Army Corps of Engineers.

See **BRAC GROWTH P4**

FSH Fire, Emergency Services take top honors

Story by L.A. Shively
 Fort Sam Houston Public Affairs

Fort Sam Houston Fire and Emergency Services won the Fire and Emergency Services Fire Prevention Program of the Year award and placed as runner-up for the Small Fire Department of the Year award in the 2008 Army Fire and Emergency Services Award program.

FES also received the Installation Management Command-West Fire Prevention Program of the Year and Small Fire Department of the Year awards.

The AFESA synopsis describes FES prevention efforts at

See **FSH FIRE P10**



Dr. (Capt.) Sheila Adams hoods Capt. Tanya Juarez during the graduation ceremony.

Seeds, trees theme for AMEDDC&S inaugural Master of Social Work

Story and photos by L.A. Shively
 Fort Sam Houston Public Affairs

Amid cheering, tears and lots of hugs, 15 graduate students received hoods and master's degrees in social work during their graduation ceremony at the U.S. Army Medical Department Center and School Aug. 14.

These graduates represent the inaugural class of the AMEDDC&S Master of Social Work Program designed to address unique challenges Soldiers and their Families

face in a military culture during a time of war explained Col. Yvonne Tucker-Harris, social work consultant to the Army Surgeon General.

"We needed to grow our own," Tucker-Harris said in her reflections on the program during the ceremony. "We began tilling the soil with the idea that we should have a Masters in Social Work Program and a year later we were ready to plant the seeds."

She joked that just as in any

See **MSW GRADS P11**

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Army releases July suicide data, Military OneSource offers help

Army suicide data for July lists eight potential suicides among active duty Soldiers during the month, and four potential suicides among reserve Soldiers not on active duty.

In June, the Army reported no confirmed suicides and nine potential suicides among active duty Soldiers. Since the June report, four of the

nine potential suicides have been confirmed and five remain under investigation.

There were 96 reported active duty Army suicides during the period Jan. 1-July 31. Of these, 62 were confirmed and 34 are pending determination of manner of death.

For the same period in 2008, there were 79 suicides among active duty Soldiers.

During Jan. 1-July 31, data lists 17 confirmed and 28 potential suicides among reserve Soldiers not on active duty; with potential suicides currently under investigation to determine manner of death.

For the same period in 2008, 32 suicides were reported among reserve Soldiers not on active duty.

The Army's Suicide Prevention Task Force has implemented a number of improvements to the Army's health promotion, risk reduction and suicide prevention programs in recent weeks.

These include completion of major revisions to Army health promotion policy and augmenting behavioral health staffs at many installations to enhance access to counseling services for Soldiers and Families.

"It's not that the Army lacks programs to confront the problem of sui-



















cide," said Brig. Gen. Colleen McGuire, director, Army Suicide Prevention Task Force. "The long-term challenge is determining which programs are most effective for our Soldiers and ensuring Army lead-

ers, from junior non-commissioned officers to the most senior leaders, know how to help their Soldiers take advantage of these programs."

Soldiers and Families

See SUICIDE RATES P6

Weekly Weather Watch

| | Aug. 20 | Aug. 21 | Aug. 22 | Aug. 23 | Aug. 24 | Aug. 25 |
|-------------------|---|--|---|--|--|---|
| San Antonio |  99° Partly Cloudy |  97° Chance of Rain |  99° Partly Cloudy |  101° Clear |  101° Partly Cloudy |  99° Partly Cloudy |
| Kabul Afghanistan |  87° Clear |  89° Clear |  87° Clear |  87° Clear |  87° Clear |  87° Clear |
| Baghdad Iraq |  114° Clear |  118° Clear |  116° Clear |  113° Clear |  111° Clear |  111° Clear |

(Source: Weather Underground at www.wunderground.com)

Suicide Prevention Awareness Open House:

Opening Doors to a
 Healthier Lifestyle
 Sept. 15,
 9 a.m. - 4 p.m.

Army Community Service
 Bldg. 2797, 2010 Stanley Road
*Open to all Military, DoD
 civilians and Families*

Opening Remarks:

Maj. Gen. Russell J. Czerw
 Commanding General
 Fort Sam Houston

Guest Speakers:

Dr. Rosa Espinoza: Depression,
 Warning Signs and Symptoms
 Trudy Lomax

Closing Remarks:

Col. Mary E. Garr,
 U.S. Army Garrison Commander
 Participating organizations will
 be available to discuss
 concerns and provide

information:

United Way: San Antonio Center
 Provost Marshall
 Fort Sam ASAP
 Veteran Affairs
 Family Advocacy Program
 Fort Sam Houston Chaplains
 San Antonio Council on Alcohol
 and Drug Abuse
 Laurel Ridge Treatment Center
 Military One Source
 St Mary's University

News Briefs

Women's Equality Day celebrations

Veterinary Command will host a Women's Equality Day event Aug. 26, 11:30 a.m.-1 p.m. at Army Community Service, Building 2797. The theme is "Celebrating Women's Right to Vote." Col. Patricia Hastings, director, U.S. Army Emergency Medical Services will be the guest speaker. Call 295-0561 or 221-4240.

Brooke Army Medical Center will host a Women's Equality Day event Aug. 26, 12-1 p.m. in the Medical Mall. For more information, call 413-0653.

Ethics training

Ethics training will be held Sept. 3 from 9:30-10:30 a.m. in Blesse Auditorium, Building 2841. The training is mandatory for all persons filing an SF 278, Public Financial Disclosure Report or OGE 450, Confidential Financial Report; warranted contracting officers; and those who are directed by their supervisors or commanders to attend ethics training. The training can also be taken online at www.dod.mil/dodgc/defense_ethics/ethics_training/2008AET_New/. Call 221-2373/0485.

Collateral, Additional Duty Safety Officer training

The U.S. Army Garrison Safety Office will hold a Collateral/Additional Duty Safety Officer training Sept. 10, 8 a.m.-3:30 p.m., Building 4196, Conference Room 2. This training is offered in addition to, but not in lieu of the mandatory on-line training for all appointed collateral/additional duty safety officers, and provides safety information unique to Fort Sam Houston and Camp Bullis missions. For more information or to register, call 221-3824.

Housing resident Self Help program

Residents can now go to their community center for filters and light bulbs during normal business hours. Residents will need to bring in their old filter or light bulb to receive a replacement. Residents can also go to the Maintenance Shop, Building 3882, on Garden for small hand garden tools and touch-up paint. Call Lincoln Military Housing, 270-7638.

Purple Heart ceremony honors five Iraq warriors



By Jen D. Rodriguez

Brooke Army Medical Center Public Affairs

Staff Sgt. Kelvin Hunt, Sgt. Juan Santiago Velazquez, Sgt. Torrey Kramer, Spc. Daniel Delbosque, and Pvt. Sean Beck took center stage Aug. 7 and were honored for their selfless service in Iraq, during a Purple Heart ceremony held at Brooke Army Medical Center's fourth floor auditorium.

More than 40 BAMC medical staff, comrades and Family members, including comedian George Lopez attended the ceremony.

"The Purple Heart ceremony was an opportunity to recognize five outstanding Soldiers for what they have done in service of our great country," said Brig. Gen. Joseph Carvalho Jr., commanding general, Brooke Army Medical Center and Great Plains Regional Medical Command, who pinned each honoree.

"We are truly indebted to their selfless service," he said.

The Purple Heart is received by members of the armed forces of the U. S. wounded in combat at the hands of the enemy, and given posthumously to the next of kin in the name of those killed in action, or who died of wounds received in action. It is specifically a



Photo by Kelly Schaefer

Wounded warriors (from left) Sgt. Torrey Kramer, Spc. Daniel Delbosque, Staff Sgt. Kelvin Hunt, Sgt. Juan Santiago Velazquez and Pvt. Sean Beck were honored with Purple Hearts Aug. 7 at Brooke Army Medical Center.

combat decoration and the oldest military honor in the world in use. The Purple Heart was the first American medal made available to the ordinary Soldier.

Awardees include infantrymen, military policemen and combat engineers wounded by the enemy while serving in Iraq.

Hunt joined the Army in August 2001, "to continue a family tradition of patriotism to his country," he said. The combat engineer, assigned to the 509th Engineer Company, 5th Engineer Battalion, 20th Engineer Brigade, was injured while on patrol from an improvised explosive device.

Santiago Velazquez accepted the call to duty, after 9/11 to serve his country. A combat infantryman, Santiago Velazquez was assigned to A Company, 3rd Squadron, 8th Cavalry, 3rd Heavy Brigade Combat Team, 1st Cavalry Division. While on a routine convoy, his vehicle was struck by an IED.

Kramer, like Santiago Velazquez, joined

the Army following 9/11. The infantry sniper was assigned to A Co., 1st Battalion, 112th Infantry Regiment, 56th Stryker Brigade Combat Team. He was injured while on mounted patrol, his vehicle, too, was hit by an IED.

After the Army, Delbosque plans on returning to school. "I joined the Army for self-improvement and to provide a life for my Family," said the Hewitt, Texas native. The military policeman of the 571 Military Police Co., 97th Military Police Bn., 89th MP Bde., was injured on patrol, struck by a piece of metal from a sniper round.

"I joined the Army to serve and protect my Family and country," said Beck, an infantryman assigned to A Co., 3rd Squadron, 8th Cavalry Regiment, 3rd Heavy Bde. Combat Team, 25th Infantry Div. He was injured when an anti-tank grenade landed on the roof of his truck and exploded.



Photos by Kelly Schaefer

Comedian George Lopez congratulates Purple Heart recipient Pvt. Sean Beck, one of five warrior honorees injured in Iraq.

U.S. Army North prepares for potential missions during Vibrant Response 2009

By Randy Mitchell
U.S. Army North PAO

A ten-kiloton nuclear weapon explodes in Kansas City. It's a scenario of nightmares portrayed by Hollywood numerous times: a nuclear device detonated by terrorists on U.S. soil.

But movie studios are not the only groups concerned about such an event. Members of U.S. Army North's Joint Task Force 51 recently completed Vibrant Response 2009, a virtual, computer-based exercise designed to test the Command Post of the Future system during a mass casualty incident.

Operating out of Fort Leavenworth, Kan., the command post coordinated units aiding federal and civilian authorities responding to the



Photo by Sgt. Joshua Ford

Soldiers and Sailors working with U.S. Army North gather around a Command Post of the Future system during Vibrant Response 2009.

simulated blast that "affected" more than 10 counties in neighboring Missouri.

JTF 51's subordinate units planned search and rescue missions, medical evacuation

operations, set up decontamination sites, temporary shelter, and planned for providing clothing, food and water to more than 500,000 civilians in the affected areas.

The two-week exercise brought more than 600 people from more than 40 units representing active, reserve and National Guard components from across the U. S. in a coordinated effort to take action.

The exercise also examined the readiness and abilities of incoming forces that will fall under the Chemical, Biological, Radiological and high-yield Explosive Consequence Management Response Force. The CCMRF consists of three major task forces under operational control of JTF 51 – Operations, Medical and Aviation.

"It is vital we work through the problem sets we may be confronted with during an event of this magnitude," said Lt. Col. David Taylor, operations officer for JTF 51.

During the facilitated after action review, the senior mentor told the audience the training was valuable in preparing a vital capability that he hopes the nation will never need to utilize – the mission of protecting American citizens at home.

"I admire and appreciate what you are doing," said retired Army Lt. Gen. Don Holder. "What you are doing is just as important as any mission being performed overseas."

U.S. Army North serves as the Army Service Component and Joint Force Land Component Command for U.S. Northern Command and is charged with coordinating the federal military response in the land domain for domestic operations or disasters, to include CBRNE.

BRAC GROWTH from P1

San Antonio is one of 12 locations worldwide where Department of Defense sites are combining to form joint bases. Under the 2005 BRAC Joint Basing plan for San Antonio, installation support functions at FSH will combine with those at Randolph and Lackland to support what will be the largest customer-based organization in the DoD when completed in 2011.

Restoration of historic structures on FSH will provide administrative

space for about 3,000 military personnel and civilian employees. They will support a variety of realigned agencies and commands, including IMCOM, the Family and Morale, Welfare and Recreation Command, and the Army Environmental Command. The Mission and Installation Contracting Command and the Network Enterprise Technology Command, including the 106th Signal Brigade, also will be stationed there.

All told, BRAC is

expected to bring 9,000 employees to Fort Sam Houston.

These renovation projects include about two dozen structures, many of which are more than 75 years old and several that are more than a century old. As federal historic renovation efforts, the projects are within the National Historic Preservation Act parameters.

"One of the nicest things about these historical structures, built in the 1930s as regimental barracks, is the open balconies that will allow peo-

ple to move between offices by going outside on the second and third floors," Holley said about IMCOM headquarters. "The balconies face the summertime prevailing winds, allowing them to be nice and cool. A lot of business will probably be conducted on those balconies."

If there is insufficient room on the balconies, the buildings are designed with 30 percent more meeting rooms and conference areas than normal design guidelines.

These historic structures are arranged in the

shape of a square with a new 168,000 square foot IMCOM headquarters being constructed in the middle.

Holley oversees renovation of three buildings for IMCOM – including one for FMWRC and another for AEC. He also oversees construction of a fourth building for IMCOM, to be located inside the four outlying buildings on campus, the renovation of the old Sam Houston Theater for Army Entertainment Division, and construction of the MWR Academy.

Building 2264, the

future home of Family and MWR Command, will begin renovation this November and be completed by May 2011.

In the meantime, 68 personnel, the majority of whom are relocating from the National Capital Region, will work at the FSH Community Club until the permanent lease space located off base becomes available in September.

IMCOM personnel moving to Fort Sam Houston this summer will experience some difficul-

Army Medical Department Regiment celebrates anniversary

Story and photo by

Lori Newman

Fort Sam Houston Public
Affairs

Soldiers and civilians celebrated the anniversary of the Army Medical Department Regiment Aug. 14 with a social at the AMEDD Museum.

Gregg Stephens, deputy to the commanding general, Army Medical Department Center and School, hosted the event, standing in for Maj. Gen. Russell Czerw and Command Sgt. Maj. Howard Riles who were unable to attend.

Commander Sgt. Maj. Stephen Paskos, Commandant of the Noncommissioned Officers Academy provided opening remarks, saying

“This afternoon we are celebrating the establishment of our Army Medical Department Regiment; a regiment that has a proud and historic 234-year heritage, dating back to the earliest days of our Army.”

Paskos thanked the Sergeant Major of the Army Leon Van Autreve Sergeant Audie Murphy Club for sponsoring the event for the Army Medical Department, and introduced guest speaker, retired Sgt. Maj. Stephen Spadaro, the honorary sergeant major of the regiment.

The U.S. Army Medical Department was formed July 27, 1775 when the Continental Congress authorized a Medical Department Service for an Army of

20,000 men.

“Today we are charged to maintain the fighting strength of over 1,000,000 Soldiers,” said Spadaro. “The U.S. Army Medical Department Regiment was activated July 28, 1986, here at Fort Sam Houston. The regiment’s mission is to enhance combat effectiveness through a framework that provides the opportunity for affiliation; develop loyalty and commitment; foster a sense of belonging; improve unit morale and institutionalize the war fighting ethos.”

“Stay involved, talk to your Soldiers, about (AMEDD Regiment) history and the sacrifices and

commitment made each and every day by our members throughout the world,” he advised.

Spadaro named several Soldiers memorialized on a plaque at the entrance of the AMEDD Museum.

“These medics, like so many before them, made the ultimate sacrifice while performing their duties, representing you, our Army and our medical regiment,” Spadaro said.

“My message to you today is stay involved, support and be proud of our Army Medical Department Regiment. You are and will always be a part of this great history.”



(From left) Commander Sgt. Maj. Stephen Paskos, commandant of the Noncommissioned Officers Academy; Gregg Stephens, deputy to the commanding general, Army Medical Department Center and School; Brig. Gen. Joseph Caravalho Jr., commanding general, Great Plains Regional Medical Command and Brooke Army Medical Center and retired Sgt. Maj. Stephen Spadaro, honorary sergeant major of the regiment cut the cake Aug. 14 during the Army Medical Department Regimental Social held at the AMEDD Museum.

Thought of the Week

The spirit of truth and the spirit of freedom –
these are the pillars of society – Henrik Ibsen

(Source: Bits & Pieces, August 2009)

BRAC GROWTH from P4

ty in accomplishing their daily work activities. But in two years the enormous amount of construction and the resulting consolidation of various departments will streamline workflow, reduce stress and contribute to an improved quality of life for Soldiers and Families.

"We're having growing pains, of course," said Bill Bradner, deputy Public Affairs officer and spokesperson for the Family and MWR Command. "Adapting to split operations is a challenge, and working through the IT issues has been frustrating, at times. But every day we're getting smarter and developing solutions to those challenges.

"We're looking forward to moving to the leased space this fall. Right now some of us are working on folding tables, taking our files and computers home every night, even sharing phones, copiers and printers.



View of old Fort Sam Houston Main Movie Theater

Moving to office space and establishing a more permanent infrastructure will be a huge step forward. Of course, there will be growing pains then, too. But the lessons we've learned making the move from Alexandria to Fort Sam should serve us well as we move into the leased space," Bradner said.

According to Bill Stickles, acting director of MWR Facilities, the new working spaces were based on the needs of each directorate.

"We were bound by certain building requirements," Stickles noted, "but we wanted to be

sure each directorate would not be split up on different floors. This was achieved through the efforts of our designer, Haimanot Abbit."

As of August 2009, the renovation of building 2265, which will house the FSH Directorate of Information Management and Headquarters IMCOM G6, is halfway completed, with a June 2010 target for completion.

Building 2266, which will house Headquarters IMCOM G1, G5 and IG, began renovation in July, with expected completion by May 2011. It should be mission ready 60 days

later.

Building 2263, home to Army Environmental Command, will begin renovation this October with expected completion by 2011.

Those reporting for duty with AEC this year and next will work in Building 2000, beginning this December, until their new space is ready. This structure was built in 1908 to serve as the installation's new hospital, replacing the hospital that had been constructed in 1886.

"Each of the buildings has basements where conference rooms, training rooms, locker rooms with showers, and classrooms are being built," Holley said.

The three-story structure to be built in the middle of these buildings, on the original parade ground, will house the IMCOM Command Group, numbering about 900 people, bringing the total number to 2,400 moving onto the IMCOM campus. Construction will begin in November, with comple-

tion by June 2011.

"All new construction in this campus within the San Antonio river basin will appear the same, architecturally, so there'll be no mistaking where IMCOM is located," Holley said.

In the fall of 2011, after the dust settles from yet another upheaval at Fort Sam, the City of San Antonio, Bexar County, and the military not only will benefit from a strengthened economy and revitalized neighborhoods, but those who have moved into this historical military city as a result of BRAC will find a sense of community and revitalized spirit.

According to Bradner, the move back onto Fort Sam in 2011 will unite "our Family and we'll be working side by side supporting the Army Family.

"We'll probably face a number of challenges during that transition, too, but the end result will be greatly improved efficiency and smoother operations across the board," Bradner said.

SUICIDE RATES from P2

in need of crisis assistance should contact Military OneSource or the Defense Center of Excellence for Psychological Health and Traumatic Brain Injury Outreach Center. Trained consultants are available from both organizations 24 hours a day, 7 days a week, 365 days a year.

The Military OneSource toll-free number for those residing in the continental U.S. is 1-800-342-9647, Web site address is www.militaryonesource.com. Overseas personnel should refer to the Military OneSource Web site for dialing instructions for their specific location.

The DCOE Outreach Center can be contacted at 1-866-966-1020, via electronic mail at Resources@DCoE Outreach.org and at www.dcoe.health.mil/resources.aspx.

~Army News

Enduring Support: Realistic mission rehearsal

By Capt. Ruth Castro
4th Sustainment Command
(Expeditionary) Public Affairs

Ensuring units are trained and ready to mobilize is a huge task, but adapting to new augmentees joining units and bringing them up to speed during mobilization can be daunting.

Members of the 4th Expeditionary Sustainment Command, a reserve unit at Fort Sam Houston, teamed with members of the 5/75th Battle Command Training Battalion, the First Army Division West, and the Battle Command Training Program to lead training for the 36th, the 90th, and the 96th Sustainment Brigades specifically targeted toward preparing for deployment, cross training and working with Soldiers new to their units.

Known as Enduring Support, the exercise offered a realistic mission

rehearsal at Fort Hood, Texas, July 25 through Aug. 7.

"Enduring Support was very effective for the Sustainment Brigades as they prepare for deployment as well as for the ESC as we establish our operations," said Capt. Rebecca Cassady, subsistence officer for the 4th ESC.

"It gave us a glimpse of staff operations to expect when we deploy."

Cassady explained that receiving and working with augmentees is a reality and this type of training allows development of new working relationships with the goal of mission success.

All Soldiers learned new skills while honing already acquired skills

Enduring Support was introductory on many levels and we can use this experience to prepare for future operations.

Participants know what to expect and will

"Many individuals were multi-tasking and trained in areas that were out of their realm."

— Col. Felipe Reyes

be better equipped to lead and mentor other Soldiers of the 4th Expeditionary Sustainment Command."

Teamwork was a key in ensuring that the sustainment brigades received the most realistic training possible to prepare for what they may face in theater.

"Fort Hood is becoming the center for Sustainment training," said Lt. Col. Donald Herko.

"This is the first time

BCTP attempted to do standalone training. We have learned a lot and now we are able to take back to our units what you all have helped us learn."

"Many individuals were multi-tasking and trained in areas that were out of their realm," said Col. Felipe Reyes, commanding officer of the command element.

"We all came from different levels, different roles but we all gelled together and made it

happen."

During the exercise, Soldiers were visited by several dignitaries which included Maj. Gen. James. E. Chambers, commanding general of the U.S. Army Combined Arms Support Command and Gen. Charles C. Campbell, commander of U.S. Army Forces Command.

Chambers joined members of the 4th ESC and thanked them for their service in helping train the sustainment brigades for theater. Chambers discussed the importance of being "in the fight" and the significance of constant visibility of the battle field.

He stressed that the

individual staff sections need to understand their tools and mechanisms and ensure that they not only concentrate on their areas but also on the bigger picture.

"Somebody needs to be watching the entire battlefield at all times," said Chambers.

Enduring Support proved to be an exercise that was not only beneficial to units preparing to deploy but to the command element as well.

The ESC structure is a fairly new one within the Army transformation so for many, this was an excellent way to see how operations would be during deployment at an ESC level.

AMEDD instructor shares insect knowledge in new book

**Story and photo by
Lori Newman**
Fort Sam Houston Public
Affairs Office

The chief of the Medical Zoology Branch at the Army Medical Department Center and School here makes it his mission to teach Soldiers about bugs, the diseases they carry and ways to protect themselves down-range.

During the five-week Medical Zoology course, Col. (Dr.) Mustapha Debboun teaches Soldiers how to identify arthropods such as insects and spiders, as well as snakes and rodents.

Soldiers learn methods of surveying areas for

infestation and how to control and manage insects or rodents using personal protective equipment or pesticides. They are also taught signs and symptoms of diseases that can threaten our war fighters.

Debboun realized the same information he teaches Soldiers as part of the Preventative Health Specialty Course could also be useful to the public. Debboun and two colleagues, retired Col. (Dr.) Daniel Strickman and Dr. Stephen Frances, collaborated to write a book titled, "Prevention of Bug Bites, Stings and Disease."

Using a combination of line drawings and photo-

graphs the book helps people identify bugs ranging from scorpions, spiders, ants, mosquitoes, bees, ticks, lice, and flies. It includes helpful tips on personal protection and how to apply pesticides safely.

Common insect threats in San Antonio include mosquitoes carrying heart worm disease that may affect our pets Debboun said.

"Lyme disease from ticks can also be a problem because of the large deer population," he explained. "Flies can also spread disease."

If bitten by a snake the best thing to do is, "keep the person calm, have them lie down and put a

Debboun will be at the grand opening of the Schertz Public Library Aug. 29, 10 a.m. signing copies of "Prevention of Bug Bites, Stings and Disease."

cold compress on the bite. If possible, without endangering yourself, get the snake or the head of the snake and bring it with you to the clinic," Debboun said. "This will help (the medical provider) determine what anti-venom to use."

Debboun said it took about a year and a half to compile information for this recent book.



Col. (Dr.) Mustapha Debboun, chief of the Medical Zoology Branch at the Army Medical Department Center and School, holds up one of several samples of various insects displayed in the Medical Zoology lab. Debboun is a co-author of "Prevention of Bug Bites, Stings, and Disease."

"My specialty is arthropod repellents. I have tested repellents used in the military. This book has important information for everybody, not just in the United States, but if you are traveling to other countries as well."

Debboun served in the U.S. Army for 20 years and has been an instructor at AMEDDC&S for four years. He also co-authored a previous book, "Insect Repellents: Principles, Methods, and Uses."

Web Site features jobs for disabled veterans

By Sharon Foster

American Forces Press Service

With more than 3,000 job openings, the creators of a new Web portal are hoping to attract disabled veterans seeking employment.

“Our current project is to spread the word that we are here,” said Diana Corso, executive director of disABLEDperson Inc., a nonprofit group aiming to reduce the unemployment rate of disabled veterans.

“We launched a couple of months ago,” she said. “We have jobs on the site, but not that many resumes. We are hoping to attract many more applicants. These positions are from employers across the U.S.”

DisABLEDperson.Inc. hosts the nationally based online job board called Job Opportunities for Disabled American Veterans. The site is free for disabled veterans to post their resumes and employers to post their jobs.

“We are trying to make it as easy as possible for [disabled veterans] and employers to come together,” Corso said.

To post a resume, job seekers must first fill out an online registration. The resume will post on www.JOFDAV.com for three months. After three months, job seekers are given the option to repost their resume, to modify it or to leave it inactive.

Corso encourages job

seekers not just to wait for employers to find them, but to browse through job openings that companies already have posted.

Current job openings on the Web site include accounting, administration and clerical, business development, information technology, research, restaurant and food service, science, collections, public relations and security. Other than job titles, postings specify geographic location, job category, career level, salary level and job description.

“This Web site has attracted employers that are proactively seeking to hire disabled American veterans,” Corso said.

FSH FIRE from P1

the forefront of the Base Realignment and Closure initiatives, reviewing over 150 building projects valued at \$1.2 billion, reporting only a \$500 fire loss for the calendar year and providing fire prevention services for 33,000 personnel, 1,500 facilities and a 28,000 acre combat training range.

It was an increased demand on the same number of people that put the department over the top for the award said Terry Davis, FES assistant fire chief, Fire Prevention, who explained that the people handling the workload are dedicated professionals.

“They’re really enthusiastic about getting out

there and making sure we have a fire-free environment and no loss of property or lives,” Davis said.

Davis said the department averages around 65 building inspections per month and estimates that number will increase substantially once BRAC construction is completed.

“We review all of the construction design and walkthroughs on post, as well as keeping up with all of the normal activities of fire prevention inspection.”

The department also trains contractors on fire prevention and does periodic follow-ups. “There has been an increase in this type of training,” Davis said. “It’s part of the procedure on our safety checklist.”

The department

responded to 879 medical, 667 structural, 54 hazmat calls, and two wild fires during the year cited. Emergency intervention saved the lives of two separate gun shot victims; stabilized fractures and prevented shock for a Chilean Ranger during an airborne jump mishap; and revived a premature infant during child birth.

Eight FSH firefighters were awarded the Commander’s Civilian Award for saving lives.

They truly deserve this recognition,” said U.S. Army Garrison Commander Col. Mary Garr.

“Our entire Fire Department is consistently recognized as the Army’s best. We can all rest assured that our fire fighting team is taking care of us every day.

MSW GRADS from P1

garden, the soil was hard in places, had overgrown weeds and was soft in other places, but they were successful growing 15 plants.

"It is very timely and an historic day for us," Tucker-Harris said.

"There is only one number one," said Chief of Staff, Dr. Thomas Conway, Fayetteville State University. "You're the first class graduating in this program, and that carries some responsibilities with it."

Conway alluded to the students as seeds growing and branching out through networking with colleagues and fellow alumni.

"This is a seed and we're going to grow into

a mighty tree," he said adding the ceremony was the culmination of the Army making a decision to develop better service to those who serve and that FSU was proud to be a partner in the endeavor.

Affiliated with FSU, the program was up and running within a year according to Dr. Dexter Freeman, director, Army-FSU MSW program. He said the contract was awarded February 2008, students were selected in April and class started in June. The FSU curriculum was expanded to include military-unique issues. Students completed a two-year program in 13 months.

Post graduate training includes standard rotations totaling two years of closely-supervised work

as clinicians within the military environment with patients experiencing combat stress, substance abuse, individuals who are incarcerated, family advocacy issues, and other areas.

Rotations in each area may be from one to three months. Progress is monitored and following clinical experience, licensure is granted after examination.

Class leader Maj. Amanda Rodriguez said she chose social work to help others. "It means commitment, dedication and loyalty to the people that we will be serving.



Col. Yvonne Tucker-Harris sits in a rocking chair surrounded by Master of Social Work Program graduates. The chair was a gift to Army Medical Department Center and School from the class.

The whole graduating class embodies that. Being a leader in the military, you're always helping and looking out for our Soldiers' well being. Having the professional affiliation provides the credibility."

Rodriguez graduated with honors and was presented a Leadership Award.

"There is a vast need for social workers in the Army, especially with recent deployments and our returning Soldiers

and their Family members," said Capt. Tanya Juarez.

She said it was a privilege and an honor to be part of the inaugural class. "It was an accelerated program and very strenuous, but we learned a lot."

Keynote speaker Maj. Gen. David Rubenstein, chief, Medical Service Corps reminded graduates to take a moment to consider their accomplishments. "You all have a right to be very, very proud."

He told students to dare to do better providing the best every day for every patient.

"Fight for your patients, because they as warriors and their Families as a team will be fighting for you."

**FORT SAM HOUSTON
INDEPENDENT
SCHOOL DISTRICT
WEEKLY CAMPUS
ACTIVITIES AUG. 24-29**

**Fort Sam Houston
Elementary School
Aug. 24**

First day of school

First day of first nine weeks

Aug. 28

Spirit day

**Robert G. Cole Middle and
High School**

Aug. 24

First day of school

First day of first nine weeks

Aug. 25

JV/V Volleyball vs. Utopia at
Cole, 5 and 6 p.m.

Aug. 27

JV Football at SAC, 6 p.m.

Aug. 28

Cole Band potluck in
cafeteria, 5:30 p.m.

JF/V Volleyball vs. Medina at
Cole, 5:30 and 6:30 p.m.

Varsity Football vs. SAC at
Cole, 7:30 p.m.

Aug. 29

Cross Country meet at Hardin
Complex, 8 a.m.

Dive-In Movies, climbing wall cool summer attractions at FSH Aquatic Center

Story and photo by
Amanda Ballew

Fort Sam Houston Aquatic
Center

The Fort Sam Houston Aquatic Center added a new event to the program this year, free "Dive-In Movies."

The third and final Dive-In Movie for the summer will be a family showing of "High School Musical 2," scheduled for 8:30 p.m. Aug. 22. A ticket good for a free bag of popcorn and either a soda or snow cone is included.

Swimming lessons are a popular event. Approximately 750 students attended the five two-week sessions. Each lesson is taught in accordance with the American Red Cross "Learn to Swim Program" levels



Kevin Holt scales the new climbing wall at the Aquatic Center.

and lesson plans. This year evening lessons were scheduled at the indoor pool allowing children of single or working parents an opportunity to participate.

A Winter and Spring Swim Program, consisting of three three-week

sessions is planned for Mon., Wed. and Fri., 7-7:45 p.m. at the indoor pool in the Jimmy Brought Fitness Center. Registration will be at the center until Sept. 7, then at JBFC.

A climbing wall was added to the center. To climb, children under 16 must take a swim test and get a wristband to be in the deep water. After reaching the top to ring the bell, swimmers jump off into the deep water.

Beginning Aug. 24, hours will be 11 a.m.-1 p.m. Mon.-Fri. for lap swim only and 4-8 p.m. for general swim. The pool will be open from noon to 8 p.m. Sat. and Sun. Staff availability determines slides operation. Our last day of operation is Sept. 7.



BAMC Military Appreciation Night

Come cheer and support the Warrior Transition Battalion softball team in the championship game Aug. 20, 6-9 p.m. at Time Warner Park, 12001 Wetmore Road. The game is free to all military, WTB and Brooke Army Medical Center staff and Families. Transportation will be provided to and from the park with a pick up from Building 3642 at 5 p.m., returning to post at 9 p.m. Music will be provided by the Fort Sam Houston Medical Command Band. The event is sponsored by Operation Comfort, a non-profit organization focused on helping wounded Soldiers who are rehabilitating.

Post men's basketball team

Tryouts for the Fort Sam Houston post men's basketball team will be held Aug. 24-28 beginning at 6:30 p.m. at the Jimmy Brought Fitness Center. Call 221-3003.

Post women's basketball team

Tryouts for the Fort Sam Houston post women's basketball team will be held Aug. 24-28 beginning at 6:30 p.m. at the Jimmy Brought Fitness Center. Call 221-3003.

Scuba Diving Lessons

The Jimmy Brought Fitness Center, in conjunction with Duggan Diving, offers scuba diving lessons. Each session is two weeks long and includes classroom, pool and open water instruction. Upon completion of the course students will be Professional Association of Diving Instructors or National Association of Underwater Instructors certified. All equipment is provided, cost is \$250. Call 221-1234.

Club Championship

The Fort Sam Houston Golf Club will hold its annual Club Championship Sept. 26-27, 8 a.m. shot-gun start on both days. This exciting 36-hole stroke play event is open to all Fort Sam Houston Golf Club members, active duty military and their Families, DoD employees and contractors assigned to Fort Sam Houston. Interested golfers should register in their respective flights at the Golf Course Pro Shop, from 7 a.m. to 7 p.m. daily. The registration deadline is Sept. 20. The registration fee for the event is \$35 for members and \$60 for non-members. To register, call 222-9386 or visit www.portsamhoustonmwr.com.

Fort Sam Houston Judo Club

The Fort Sam Houston Judo Club meets Sat., 10 a.m.-noon and Wed., 7:30-9 p.m. Must have a USA Judo membership. Interested military members call 279-1742.

228th CSH trains for

Story and photos by Esther Garcia
FSH Public Affairs Office



Spc. Emerson Weber (right), surgical technician assists Lt. Col. (Dr.) Hunter Hammill in the operating room as they prepare to amputate the arm on a simulated casualty Aug. 12 during the 228th Combat Support Hospital mass casualty exercise.



Col. (Dr.) William Pheifer (third from left), trauma doctor in charge, and his team evaluates a patient in the 228th Combat Support Hospital Emergency Medical Treatment section during a mass casualty exercise Aug. 12 held at Fort Sam Houston.

Military trucks carrying Soldiers with various mock combat injuries such as gunshot wounds, impalements, arm wounds, head wounds, back injuries, and chest injuries stopped in front of the 228th Combat Support Hospital for treatment. Outside and inside the 228th CSH, administrative and medical personnel, aware of the casualties were ready at their duty stations to provide medical care.

This was the beginning of the mass casualty exercise Aug. 12 at Fort Sam Houston for the active duty and reservists assigned to the 228th CSH as part of their annual two week training, and in preparation for the Global Medic exercise which will be held at Fort Hunter Liggett, Calif.

Col. John Gouin, commander, 228th Combat Hospital, said, "I wanted to bring back some of my experiences from Iraq. What we will see here is a

training exercise, and I expect mistakes here, but not over there (Iraq). In a real mass casualty, there is chaos, but it is an organized chaos. Here it is more controlled.

We have personnel who have been to Iraq, and they will be able to teach those (Soldiers) that haven't been there."

As a civilian, Gouin is a podiatrist and has a practice in Corpus Christi, Texas.

With 248 beds, the combat support hospital site is equipped with a kitchen, medical and vehicle maintenance, human resources, supply, laundry, an operations center, intelligence center, communications, everything a hospital needs, including a V-satellite providing internet capability.

228th CSH Executive officer, Lt. Col. Brenda Havelka said, "With inventory issues, requisitioning in for equipment that was broken or not serviceable, it took 72 hours to put up. Part of the plan is to get people and equipment



Soldiers with various mock combat injuries are triaged outside the 228th Combat Support Hospital and Patient Administrative Division personnel remove any effects that need to be taken from the patient, such as weapons before they can be brought into the Emergency Medical Treatment section during the exercise.

combat support during exercise

together.”

Havelka said 125 personnel, who are participating in the exercise, have been staying in the living quarters, part of the hospital site. Another 25 support personnel come in and out of the area providing support.

As casualties arrived, patients are placed on litters which become trauma beds. All patients are triaged outside. The more critical enter the Emergency Medical Treatment Section first. Before they do, Patient Administrative Division personnel remove any personal gear such as weapons. “We take all equipment necessary before they go into the hospital,” said Spc. James Mejia, PAD specialist.

In the EMT section, Col. (Dr.) William Pheifer, trauma doctor in charge, moves from patient to patient as nurses work to stabilize them. After stabilizing the patient,

some will be sent to the pre-op ward to prepare for surgery, others, depending on their injuries, will be moved to a different ward for further care or monitoring.

In the operating room, the doctor and his staff from the surgical technician to the anesthesiologist, went through all the motions of a real surgery to include hand washing.

When a patient is out of surgery, he is then transferred to Intensive Care Unit 1. This unit contains 12 beds and takes care of critical care patients. During the exercise, as medical personnel were busy working on various patients, a civilian woman came in with pregnancy difficulties after delivering her baby.

“I was surprised when she came in. But we have to care for civilians also,” said Maj. Rey Rosario, in charge of ICU1 and an Internist and Nephrologist in civil-

ian life.

The Immediate Care Ward with 20 beds is for patients who need or require minimal care, comfort care, are expecting, and patients waiting to get surgery but are not critical. The ward uses combat medics and nurses to care for patients.

Gouin said, if needed, the hospital can add an additional ICU area.

“We got a lot of good practice in, got to socialize with the Soldiers and make sure that they know what their regular practice would be if we were in a real wartime situation,” said Capt. Angela Williams, ICU1, critical care nurse

“The simulated injuries were different, but is everything you’d expect if you went into a real wartime situation,” she said.



A patient is being wheeled into the Emergency Medical Treatment section during the 228th Combat Support Hospital mass casualty exercise Aug. 12 at Fort Sam Houston. The litters double as trauma beds and are wheeled into the EMT section of the combat support hospital.



Maj. (Dr.) Rey Rosario, head doctor in the Intensive Care Unit 1, and Capt. Angela Williams, critical care nurse, review the chart of a Soldier with a simulated head trauma. Rosario is an Internist and Nephrologist in civilian life and Williams is a case manager at Central Texas Veterans Health System in Temple, Texas.



Soldiers from the 228th Combat Support Hospital remove a simulated patient with impalement from a truck. The patients are then triaged, the more critical injured are taken into the Emergency Medical Treatment section first.

Putting the brakes on headaches

Dr. Kelly L. Forys

Psychologist, U.S. Army Center for Health Promotion and Preventive Medicine

Aching, pulsing, throbbing, stabbing ... headaches can really be a pain!

Headaches are extremely common. They can range from being a minor nuisance to a debilitating pain. One in 20 people experience a headache on any given day. Even though

headaches are common, they can sometimes be a sign that something is wrong.

There are many different types of headaches, and they occur for a variety of reasons. It is important to identify the type of headache you have so that you can get the proper treatment.

The most common types of recurrent headaches are:

Tension Headaches—



These types of headaches often produce mild to moderate pain over the entire head, with pain concentrating at the back of the neck or base of the skull. Tension headaches can seem to occur without an identifiable cause, but they frequently hap-

pen during times of stress and tension. Treatment for this type of headache often includes over-the-counter pain relievers; however, a doctor should determine if a more powerful remedy is required.

Migraine Headaches—In addition to pain in the head, migraine headaches are often accompanied by nausea, sensitivity to light and sound, and numbness and tingling. These headaches are more complex and most always require a physician's

assistance.

Sinus/Allergy

Headaches—Allergy and sinus headaches often co-occur with an infection in the sinuses, a fever, and pain or throbbing behind the eyes and at the temples. Over-the-counter medications can help in some cases. If the headache is the result of an infection, then a physician would need to assess the condition.

Headaches can occur during the adjustment to a new environment, such as when you are deployed or when you return from a deployment. The change in air temperature, humidity and stress can produce headaches. Headaches can also occur after staring at the computer screen for long periods of time or from holding your posture in an unusual way.

Headaches happen more frequently during times of stress when your

muscles become tense and your breathing is rapid and shallow.

Sudden onset headaches may occur for reasons such as thirst, hunger or caffeine withdrawal, or can result as a side effect from taking prescription medications.

Prevention is the best medicine. Here are some tips for preventing headaches:

- Stay well-hydrated.
- Eat meals at regular intervals to maintain steady blood sugar.
- Get adequate rest.
- Take breaks throughout the day to relax your body.
- Take a few deep breaths when you feel tense and stressed.

Because there are so many types of headaches, identifying which type you have is essential to getting the proper treatment. Seek the advice of a physician to help you put the brakes on headache pain.

Soldiers learn about women's equality, voting rights

By Ben Paniagua
Hacienda Recreation Center

Approximately 125 Soldiers from the 32nd Medical Brigade attended the annual Women's Equality Day celebration Aug. 13 at the Hacienda Recreation Center.

The program commemorated 70-plus year anniversary of women's right to vote, a result of the suffrage (right to vote) movement led by

Susan B. Anthony.

As chronicled in the University of Rochester's history Web site, a civil-rights activist, Anthony demanded that women be given the same civil and political rights that had been extended to black males under the 14th and 15th amendments.

Although Anthony did not live to see the establishment of the 19th amendment, her efforts

toward gaining voting rights for women are credited for its ratification.

Col. Suzanne D. Adkinson, commander, 71st Battlefield Surveillance Brigade, told the audience of Soldiers at the Women's Equality Day celebration that all people should be allowed fair and equal treatment.

"You are responsible for your actions and you

must strive to be the best you can in all that you do," she said. "Make the right decisions in your life and plan for your future. Planning is one of the strong keys in achieving success."

She further emphasized the importance of "making it happen, leading by example and doing the right thing, even when nobody is watching."

"I liked the whole pro-

gram and especially Col. Adkinsons' speech," said Pfc. Thomas Osienger, B Company, 232nd Medical Battalion.

"It's great to hear inspiring words coming from someone in a leadership position, especially a person that has been in the non-commissioned officer ranks and moved up to senior officer status," he said.

A trivia contest offering gift cards to Soldiers

answering the right questions followed a slide show on the history of women suffrage.

The program was presented in partnership between the Hacienda Recreation Center, the Equal Opportunity Adviser from the 32nd Medical Brigade and the Sponsorship Branch of the Directorate of Family Morale, Welfare and Recreation.



Announcements

Guitar lessons

Child, Youth and School Services in conjunction with SKIES are providing both acoustic and electric guitar lessons Tuesdays 12-4 p.m., Wednesdays 1-5 p.m., Thursdays 12-3 p.m., or Fridays 12-5 p.m. at the Middle School and Teen Center, Building 2515. To register, call 221-4871.

Performing Arts Program

Child, Youth and School Services in conjunction with SKIES Unlimited will offer a Performing Arts Program, Wednesdays, 6-7 p.m. beginning in September, for children 6-18 years. All classes will take place at the Middle School Teen Center,

Building 2515. Cost is \$52 per month. To register, call 221-4871.

Tennis lessons

Child, Youth and School Services in conjunction with SKIES Unlimited will offer tennis lessons beginning in September. Beginner lessons are Tuesdays and Thursdays, 4:30-6 p.m. for ages 9-18 for \$80 per month. In addition, Beginner lessons are Wednesdays 4:30-5:30 p.m. for ages 6-8 for \$40 per month. Intermediate lessons for ages 9-18 will be held Tuesdays and Thursdays from 6:30-8 p.m. for \$80 per month. All lessons take place at the tennis courts located at the intersection of Scott and Hardy Streets. To register, call 221-4871.

Baby Talk

New Parent Support Program will offer "Baby Talk" Tuesdays, 2-3:30 p.m. at Dodd Field Chapel. This class is an informative discussion group for parents with children birth to 12 months. Light snacks and drinks are provided. Call 221-0349 or 221-0655.

Forever Plaid

The Harlequin Dinner Theatre

presents "Forever Plaid" a musical by Stuart Ross and James Raitt, through Aug. 29, Thursday through Saturday evenings. Doors open at 6:15 p.m., show beginning at 8 p.m. To make reservations, call 222-9694. The box office is open Tues.-Fri. 12-5 p.m. and Sat. 1-5 p.m.

Center Stage Academy's "Musicgate"

It is the year 2045. The children of the future know music only through digital downloads. They long to learn about the days of radio, records, live instruments and live concerts. And then they discover the "Musicgate." Tickets are \$10 for adults and \$8 for children; Military with I.D. are \$8 for adults and \$6 for children. Performances are 2:30 p.m. Aug. 22 and 6:30 p.m. Aug. 23 at the Harlequin Dinner Theatre, Building 2652, Harney Road. Call 222-9694.

Calendar of Events

AUG. 20

FMWR facility closures

The following Family and Morale,

Welfare and Recreation facilities will be closed for the Garrison Organization Day: Keith L. Campbell Library, Outdoor Recreation Center, RV Park, Jimmy Brought Fitness Center and pool, Auto Craft Shop, Aquatic Center, Equestrian Center, Camp Bullis Outdoor Recreation Area, Hacienda Recreation Center, Brigade Gym and Camp Bullis Fitness Annex.

Mandatory Initial First-Term Financial Readiness

Mandatory Initial 1st Term Financial Readiness class, 10 a.m. at Army Community Service, Building 2797. Class space is limited. To register, call 221-1612.

Stress Management

Stress Management, 11 a.m.-12:30 p.m. at Army Community Service, Building 2797. This class provides valuable tips to help you manage stress. Call 221-0349.

AUG. 21

Microsoft Publisher

Microsoft Office 2007 Publisher, 8 a.m.-12 p.m. at Army Community Service, Building 2797, in the computer lab. Basic computer skills and

registration required. Call 221-2518 or 221-2705.

Key Caller Training

Key Call Training, 10-11:30 a.m. at Army Community Service, Building 2797. This training will define the responsibilities of the Family Readiness Group Key Caller and provide information on performing this role. To register, call 221-2705 or e-mail smah.acs.mob.deploy@conus.army.mil.

Margarita & Manicure

The Sam Houston Club will host a Margarita & Manicure event, 4 p.m.-7 p.m. Reservations preferred. Walk-ins welcome subject to availability. Tickets \$12 (includes manicure service plus one complimentary drink). Call 224-2721 or 226-1663.

Military Appreciation Night with the Silver Stars

The Silver Stars will hold a Military Appreciation Night, 7 p.m. All military as well as their friends and Family can purchase tickets for 50 percent off. Plus the first 150 military members to purchase will receive free parking and a chance to high five a player at the game. Visit

www.fortsamhoustonmwr.com for a link to order tickets.

AUG. 22

Comedy Night at the Sam Houston Club

Original D.G.F. Entertainment presents "My Neck & My Back Comedy Show" at the Sam Houston Club. This comedy show features AJ Johnson, Keisha Hunt, Shawn Harris and will be hosted by Angell Conwell. Tickets are \$25 in advance and \$30 at the door. The doors open at 7 p.m. and the show begins at 8 p.m. For VIP reservations and ticket information, call 330-3367 or 226-1663.

Dive in Movie Night

The Fort Sam Houston Aquatic Center will host a Dive in Movie Night, starting at 8:30 p.m., Building 3300, William Road. This event is free and open to all DoD I.D. card holders. The movie of the night is "High School Musical 2." Patrons may use inner tubes or water noodles as floatation devices. Rafts and arm floaties will not be permitted in the pool. Call 221-4887.

See MWR P19

MWR from P18**AUG. 24****Access Level 1**

Microsoft Office 2007 Access Level 1, 8 a.m.-12 p.m. at Army Community Service, Building 2797, in the computer lab. Basic computer skills and pre-registration required. Call 221-2518 or 221-2705.

Unit Trauma Training

Unit Trauma Training, 9 a.m.-2 p.m. at Army Community Service, Building 2797. This training is to assist unit leadership, FRG leaders, care teams, casualty assistance officers, casualty notification officers and community agencies to help Soldiers, Families and the unit when different trauma events occur. To register, call 221-2705 or e-mail smah.acs.mob.deploy@conus.army.mil.

Savings and Investing

Savings and Investing class, 2-4 p.m. at Army Community Service, Building 2797. Class space is limited. To register, call 221-1612.

Dad's Difference

Dad's Difference, Aug. 24, 31 and Sept. 14 from 5:30-7 p.m. at Army community Service, Building 2797. This three-part series shows dads how to be involved with their babies from pregnancy to age 5. To register, call 221-0349.

AUG. 25**Family Readiness Group Leadership Academy**

Family Readiness Group Leadership Academy Aug. 25-26 from 8 a.m.-4 p.m. at Army Community Service, Building 2797. The training is for FRG key positions on roles and responsibilities and the communication network through the chain of command. To register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Newcomers' Extravaganza

The mandatory Newcomers' Extravaganza is for all permanent party in-processing Soldiers, lieutenant colonel and below, within 60 days of their arrival to Fort Sam Houston will be held Aug. 25, 9:30-11 a.m. at the Sam Houston Club. The extravaganza is an opportunity to learn about Fort Sam Houston and the San Antonio area as well as meet representatives from many different organizations, programs and businesses. Call 221-2705 or 221-2418.

Deployed Parenting

Deployed Parenting class, 11 a.m.-12:30 p.m. at Army Community Service, Building 2797. The class will focus on the emotional challenges and transitions of military members and their Families through the deployment cycle. Call 221-0349.

Mandatory First PCS Move

Mandatory First PCS Move class, 2-4 p.m. at Army Community Service, Building 2797. The class will help navigate that first move. It helps with budgeting to house hunting, learn what funds are available from the Army and how to minimize out-of-pocket expenses. To register, call 221-1612.

AUG. 26**Access Level 2**

Microsoft Office 2007 will be offer Access Level 2, 8 a.m.-12 p.m. at Army Community Service, Building 2797, in the computer lab. Completion of Access Level 1 and registration required. Call 221-2518 or 221-2705.

Mandatory Initial First-Term Financial Readiness

Mandatory Initial First-Term Financial Readiness class, 12 p.m. at the Learning Center. To register, call 221-1612.

Military Appreciation Night at the Missions

San Antonio Missions Baseball will host a Military Appreciation Night. Ticket vouchers will be available at the Fort Sam Houston Ticket Office located in the Sam Houston Club and other MWR Facilities. Limit 4 vouchers per person. Please present DoD I.D. Card when picking up tickets from the Sam Houston Club.

ACS Outdoor Movie Night

Aug. 28 - "Bolt"
8:20 p.m. at the post flagpole

Aug. 29 - "Pirates of the Caribbean: Curse of the Black Pearl"
8:20 p.m. at the field between Youth Services and Dodd Field Chapel

Bring the Family out for these Family friendly films and don't forget the lawn chairs! Free popcorn, snow cones and cotton candy will be available. For more information, call 221-2418. In the event of inclement weather the movie will be shown in the ACS auditorium at 7 p.m.

The vouchers may be converted to free general admission tickets at Wolff Stadium or they may be used to upgrade the seats with a small additional payment. Call 221-9904.

Rocco Dining Facility Menu

Building 2745, Schofield Road

Friday – Aug. 21

Lunch – 11 a.m. to 1 p.m.

French fried shrimp, barbecued spareribs, baked Kielbasa sausage, stuffed cabbage rolls, country fried steaks, macaroni and cheese, steamed rice, mashed potatoes, seasoned collard greens, LA-style smothered squash, stewed tomatoes, seasoned navy beans

Dinner – 5 to 7 p.m.

Barbecued beef brisket, fried catfish, baked Cornish hens, beef and broccoli, potato frittata, baked potatoes, au gratin potatoes, steamed rice, steamed asparagus, steamed mixed vegetables, French fried okra

Saturday – Aug. 22

Lunch – noon to 1:30 p.m.

Beef porcupines, beef and broccoli, chicken enchiladas, cheese enchiladas, marshmallow sweet potatoes, buttered egg noodles, steamed rice, steamed broccoli, seasoned lima beans, baked parmesan tomato halves

Dinner – 5 to 6:30 p.m.

Fried chicken, chicken fajita pitas, stuffed bell peppers, cheese manicotti, cottage fried potatoes, lyonnaised rice, baked potatoes, club spinach, steamed cauliflower, steamed yellow squash

Sunday – Aug. 23

Lunch – noon to 1:30 p.m.

Italian-style veal steaks, roast turkey, beef yakisoba, cheese ravioli, spaghetti noodles, cornbread dressing, parsley buttered new potatoes, baked potatoes, steamed green beans, stewed tomatoes

and okra, steamed carrots

Dinner – 5 to 6:30 p.m.

Chicken pot pie, meat loaf, broccoli quiche, grilled chicken breast with orange sauce, mashed potatoes, steamed rice, baked potatoes, steamed asparagus, corn on the cob, fried cabbage

Monday – Aug. 24

Lunch – 11 a.m. to 1:00 p.m.

Parmesan baked fish, chicken and sausage gumbo, spicy Italian pork chops, macaroni and cheese, steamed rice, parsley tri-colored pasta, ratatouille, seasoned turnip greens, steamed peas and carrots

Dinner – 5 to 7 p.m.

Country fried steaks, Creole macaroni, vegetable lasagna, honey glazed Cornish hens, beef stuffed peppers, mashed potatoes, lyonnaised rice, baked potatoes, steamed broccoli, steamed lima beans, LA-style smothered squash

Tuesday – Aug. 25

Lunch – 11 a.m. to 1 p.m.

Grilled tuna patties, roast beef, beef enchiladas, chicken taquitos, baked Montreal chicken, refried beans with cheese, Spanish rice, steamed rice, parsley buttered new potatoes with onions, steamed cauliflower, Mexican corn, lemon herbed broccoli

Dinner – 5 to 7 p.m.

Chicken fajitas, cheese enchiladas, beef and broccoli, Salisbury steaks, fried catfish, mashed potatoes, Mexican

rice, steamed brown rice, Spanish lima beans, steamed zucchini squash, steamed carrots

Wednesday – Aug. 26

Lunch – 11 a.m. to 1 p.m.

Apple glazed corned beef, savory baked chicken, fried chicken, Cantonese pork spareribs, cheese ravioli, steamed rice, parsley buttered new potatoes, baked potatoes, steamed carrots, steamed buttered cabbage, steamed mixed vegetables

Dinner – 5 to 7 p.m.

Barbecued beef cubes, jaegerschnitzel, grilled polish sausage, roast turkey, broccoli quiche, buttered egg noodles, baked potatoes, mashed potatoes, seasoned black-eyed peas, steamed broccoli, steamed corn

Thursday – Aug. 27

Lunch – 11 a.m. to 1 p.m.

Beef sukiyaki, breaded pork chops, blackened catfish, beef and broccoli, cheese tortellini, baked potatoes, garlic-lemon roasted potato wedges, steamed browned rice, Japanese vegetable stir-fry, club spinach, steamed Brussels sprouts

Dinner – 5 to 7 p.m.

Baked honey ginger chicken breast, Salisbury steaks, beef stir -fry, baked egg noodles and cheese, Szechwan chicken, fried rice, steamed rice, mashed potatoes, steamed cauliflower, peas and onions, stewed tomatoes

Menus are subject to change without notice

Garrison Team Building/Process Improvement Project, a well oiled machine

By Cheryl Harrison
Army Community Service
Marketing

U.S. Army Garrison Commander Col. Mary Garr is committed to providing a safe and quality environment for the people who live and work on Fort Sam Houston, and has implemented a team building project to “oil the machine.”

The program has been in the works since Garr took the helm as garrison commander. One such team building group met

Aug. 10, with 45 “worker bees” in the Family and Morale, Welfare and Recreation directive.

“This is the chance to come together as a team with great ideas that will make the quality of life for our Soldiers better,” Garr said.

Brainstorming sessions took place at the Sam Houston Club, led in part by SKYLLA Engineering Ltd., also engaging in Lean Six Sigma systems.

Brad White, a member of SKYLLA headed the

session. White specializes in reading the human landscape of an organization. As a trained interrogator in the Air Force, he is able to obtain valuable information in a very subtle, non threatening manner.

“The garrison is a team of personalities. Poorly understood personalities often lead to team disfunctionality. We are here to improve the process by understanding the different personalities and how they can work together,” said White.



Brainstorming is an ideal opportunity to express ideas during team building for employees of Fort Sam Houston, started Aug. 10 at the Sam Houston Club, with about 45 members of Family and Morale, Welfare and Recreation.

Several factors such as brainstorming, defining, and searching for ideas, input and goals go to facilitate a team to run

like a well-oiled machine and the aim of the eight-hour session.

“This is all about improving the processes

where you work and participate,” said Deborah Seabron, management analyst for Plans, Analysis and Integration Office.

By the end of September, 10 sessions will give employees from the “trenches” an opportunity to speak freely and openly without intimidation. Supervisors and directors will have separate group sessions.

In six months the team will regroup to follow up on issues.

PWOC fall kick-off

The Protestant Women of the Chapel will hold a fall kick-off Sept. 2, 9:30-11:30 a.m. at Dodd Field Chapel. PWOC is a weekly bible study group. Childcare will be provided for children ages 5 and younger. A homeschooling room will also be available. For more information, call 595-7504 or e-mail kristakal@satx.rr.com.



Main Post Chapel, Building 2200, 221-2754
Catholic Services:
4:45 p.m. - Reconciliation - Saturdays
5:30 p.m. - Mass - Saturdays
9:30 a.m. - Mass - Sundays
11:30 a.m. - Mass - weekdays
Protestant Services - Sundays:
8 a.m. - Collective Protestant
11 a.m. - Collective Protestant
Jewish Services: 379-8666 or 493-6660
8 p.m. - Fridays - Worship and 8:30 p.m. - Oneg Shabbat

Dodd Field Chapel, Building 1721, 221-5010 or 221-5432
Catholic Services:
9:15 to 11:15 a.m. - Catholic Women of the Chapel Enrichment or Bible Study - Mondays
12:30 p.m. - Mass - Sundays

Protestant Services:
10:30 a.m. - Gospel Protestant - Sundays
9:30 to 11:30 a.m. - Protestant Women of the Chapel meeting - Wednesdays, child care is provided
6:30 to 7:30 p.m. - Protestant Women of the Chapel meeting - Thursdays, child care is provided
Samoa Protestant Service:
8:30 a.m. - Sundays

Brooke Army Medical Center Chapel, Building 3600, 916-1105
Catholic Services:
8:30 a.m. - Mass - Sundays
11 a.m. - Mass - Sundays
Protestant Services:
10 a.m. - Worship Service - Sundays
Episcopal/Lutheran Rite services:
12:30 p.m. - Traditional worship - Thursdays

Center for the Intrepid, first floor, 916-1105
Christ for the Intrepid services:
5:30 p.m. - Coffee and fellowship - Sundays
6 p.m. - Contemporary worship - Sundays

AMEDD Regimental Chapel, Building 1398, 221-4362
32nd Medical Brigade Student services
Catholic Mass: 8 a.m. - Sundays
Contemporary Protestant Service:
9:30 a.m. and 11:01 a.m. - Sundays
Muslim Jumma: 1:30 p.m. - Fridays

Installation Chaplain Office, Building 2530, 221-5007
Church of Jesus Christ of Latter Day Saints:
8:30 a.m. - Sundays

Web site: www.samhouston.army.mil/chaplain

Community

Announcements

NCO Wives Club

The NCO Wives Club meets the first Tues. of each month at 10:30 a.m. at the Sam Houston Club. Active duty and retired spouses are welcome to join. Call 386-8265 or 314-6377.

Fort Sam Houston Night at the Missions

San Antonio Missions Baseball will host a Fort Sam Houston Night every Sat. home game during the season. Tickets are \$6 and include a reserved seat in the FSH section. Tickets may be purchased through the Morale Welfare and Recreation Ticket Office located in the Sam Houston Club, Building 1395, Chaffee Road. Call 226-1663.

Texas Military Family Access Project

Military members who have

deployed to Afghanistan and Iraq are eligible for financial assistance, food, transportation, counseling and legal assistance. These services are free and confidential. Call 2-1-1 Texas wide or 352-7045 in San Antonio.

Sergeant Audie Murphy Club

Hosts a study group for the boards Tues. and Thurs., noon-1 p.m., Building 1151. Call 221-5417 or 849-1643.

Cloverleaf Communicators Club

Meets the first and third Thurs., 11:45 a.m.-1 p.m. at the San Antonio Credit Union, Stanley Road, in the conference room. Open to military, civilians and Family members interested in developing and enhancing leadership and communications skills. Call 221-8785, 221-6517 or 916-3406.

“Family Matters” blog

American Forces Press Service has launched a military blog called “Family Matters” dedicated to helping military Families deal with challenges unique to a military lifestyle. Upcoming topics include back-to-school tips, education benefits, dealing with deployments and childcare. Visit www.afps.dodlive.mil.

Tutoring available

The Fort Sam Houston Education Center offers tutoring in the subjects of Freshman English Composition and College Algebra to service members and their spouses, every Mon.-Wed.-Fri., 11:30 a.m.-1 p.m., on an appointment and first-come first-served basis. Call 221-1738.

School supply drive

Alamo City Chapter, American Society of Military Comptrollers, will sponsor a “Back to School” drive through Aug. 30 for the Dare to Love Foundation, Child Protective Services. To donate

school supplies, call 536-2067 at Brooks-City Base; 221-1309 at Fort Sam Houston; 292-7364 at Lackland AFB; or 652-4408 at Randolph AFB.

TRIAD deployed Family support group

Family Service Association will hold a deployed Family support group Mondays, Aug. 24-Sept. 28, 6-7 p.m. at the Airman and Family Readiness Center, Lackland AFB. The support group is an opportunity for Families to connect with others who are experiencing a deployment. It also provides children’s activities and parenting tools to help military Families cope with deployment. Call 381-3933.

Calendar of Events

AUG. 22

Montell, Texas Walk

The BTC Oddsports volk-march club will host a 5k and 10k walk and 25k bike event starting at the Montell Country

COMMUNITY from P22

Club in Montell, Texas Aug. 22. Start the walk between 8 a.m. to 1 p.m., finish by 4 p.m. Call 204-9301, e-mail btco@satx.rr.com or visit www.ava.org.

AUG. 25
Spouse's Club

The Spouse's Club of the Fort Sam Houston Area will host a welcome open house Aug. 25, 10 a.m. -1 p.m. at the Fort Sam Houston Resident Center, 407 Dickman Rd. Spouses of all military grades, civilians and retirees are invited for food, fun and meeting new friends. Visit www.scfsh.com.

AUG. 27
MOAA luncheon

The Military Officers Association of America will host a luncheon Aug. 27, with an 11 a.m. social, and a 11:45 a.m. lunch at the Fort Sam Houston Golf Course. Guest speaker Gen. Eugene Habiger's topic is "Another terrorist attack against the U.S. — not a matter of if, but when." Cost is \$11. Call 228-9955 or e-mail moaa-ac@sbcglobal.net by Aug. 25 for reservations.

RecruitMilitary Career Fair

A free hiring event for veterans, personnel transitioning from active duty, reserves, Guard, and military spouses presented by RecruitMilitary, the President's National Hire Veterans Committee, the American Legion, and the Military Spouse Corporate Career Network. The fair will be at Minute Maid Park, 501 Crawford St., Houston, TX 77002, Aug. 27, 11a.m.-3p.m. To register as a job-seeker, visit www.recruitmilitary.com

SEPT. 21
"Our Part of Town — Military" Talent Show

A City of San Antonio Parks and Recreation Department-sponsored talent show "Our Part of Town" was initiated to showcase talent in the San Antonio area. The military category gives active duty members an opportunity to share their talents with community. The top three acts in each district compete in the final show for a \$1,000 cash prize per category. Military members compete for a separate \$1,000 cash prize. The OPOT Military show

For Sale
Fort Freebies

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is close of business Friday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate and employment ads will not be published. To submit a Fort Freebie, e-mail news.leader@conus.army.mil or fax to 221-1198. Freebies run for one week unless the submitter calls to renew. Limit of five items per entry. For more information, call 221-0546.

For Sale: Peg Perego stroller and matching infant carseat, carrier, \$225; baby swing, \$45; bassinet and lots of other baby gear and toys. Call 224-6470 for list and prices.

For sale: Twin-size headboard and footboard, matching wooden set with spindles and support rails, \$65. Call 495-2296.

For Sale: 20.6 cubic feet GE non-frost refrigerator, \$200. Call 216-4027 or 878-5582.

For Sale: Bowflex Treadclimer, TC500, dual-motion system combines the walking action of a treadmill and the climbing action

of a stair climber with the smooth flow of an elliptical trainer, .7-4.0 mph, 8 electronic functions, 12 intensity settings, quick start feature, excellent condition, \$1,800 obo. Call Linda 354-2078 between 5:30-9 p.m.

For Sale: 1920 solid mahogany secretary, 7 feet by 3 feet, beautiful condition, \$800; solid cherry Thomasville television cabinet, fits 30 inch by 27 inch television, total size 6 feet-4 inches by 3 feet-3 inches, \$800. Call 507-7430.

For Sale: Washer and dryer, \$225; freezer, \$95; computer desk and chair, \$45; two-drawer metal filing

REMINDER CALENDAR

Aug. 24
Aug. 25

First day of school, FSHISD
Newcomer's Extravaganza, Army Community Service

Aug. 27
Aug. 29

Consolidated Retirement Ceremony
5K Fun Run/Walk, Jimmy Brought Fitness Center, 9 a.m.

Aug. 29

Triathlon Championship,
Fort Sam Houston Aquatic Center, 6:30 a.m.

Sept. 4

Warriors Monthly Scramble Golf Tournament
(FSH Golf Club, 1330, Entry Fee \$25)

Sept. 5

Army Dillo 20 Mile Run (Jimmy Brought Fitness Center, 0700)

Sept. 7

(Holiday) Labor Day

Sept. 7

Aquatic Center Closes

cabinet, \$15; wood wall unit, light color, 80 inches by 36 inches by 23 inches, \$85. Call 241-1291.

For Sale: Breakfast table with 4 stools, \$100; entertainment center with book shelves and glass doors, \$175. Both items like new. Call 274-2120 or e-mail melaustin@satx.rr.com for photos.

Yard Sale: Aug. 21 and 22, 8 a.m.-5

p.m., 8282 Woodcliff Blvd., Selma, Texas. Furniture, kitchen items, toys, antiques, piano, exercisers, collectibles, new L.A.M.B. purses, entertainment center, clothes and more.

Found: Brown and white Border Collie looking puppy near Benner Barracks, Building 272, on June 19 around 8 p.m. Call 703-258-4506.